

WEEK 4

Heart Expansion and Resilience

Openness without self-abandonment

Suggested time: ~40 minutes

Reflection

What feels nourishing for me to give right now?

What feels depleting, even if I have been calling it “being kind”?

What boundary would help me stay open without feeling drained?

Sound Experience

Let the sound create space rather than effort

You don't need to hold anything open.

Notes (optional):

Integration

What supports me in staying open while also honoring my limits?

There's nothing you need to do with this. Let it settle naturally.

